Studies have shown that people with abusive tendencies generally turn violent when they feel out of control. Here are some situations and scenarios that can cause a person to perpetrate domestic violence:

1. Childhood experience: children raised in environments where violence, assault and abuse are common will often come to believe this behavior is normal and therefore find it difficult to establish and maintain healthy relationships in adulthood (Source: http://www.safelives.org.uk/practice_blog/living-domestic-abuse-ace-adverse-childhood-experience).

2. Major life change: many cases of domestic violence happen during a major change in a perpetrator’s life. A family member diagnosed with illness, pregnancy, separation, or depression are all high-risk circumstances in which the perpetrator may feel left out or neglected and therefore looks to find control in these situations.

3. Economic circumstances: any economic crisis can lead to a higher level of stress at home. This is fuel for domestic violence. Financial difficulties can also limit options for survivors seeking safety or escape. Studies have shown there is a strong inverse relationship between financial status and a woman's risk of being a DV victim. However, this does not mean that middle-class and wealthier women are
immune to DV; the observed relationship may be due in part to the ability of middle-class and more affluent women to keep DV victimization hidden.

4. Insecurity: Actually, insecurity and domestic violence are a vicious circle in which an abuser batters because he feels insecure. But the more he batters the more he knows the woman wants away from him and the more insecure he feels.

These scenarios are just four reasons from hundreds that cause someone to experience domestic violence in their lifetime. To have a life and society without violence it is always good to start with ourselves. We just need to look into ourselves and the people around us, listen to stories with our hearts, maybe find a common emotion or experience with the storyteller, and be aware that to have a good solution for DV, we need to go to its roots, dig it up and take care of it. All of this can be possible if we are all aware of domestic violence. It is never too late. So let’s start now and share our stories about the scars that domestic violence has left on our bodies, skin or hearts.